



Henrico County Health Department

Public Health Bytes

Henrico County Health Department
www.publichealthbytes.org

Volume 6, Issue 5

September Is National Preparedness Month

September 2010

Public Health Emergency Preparedness

Article by: Kevin Pannell, Henrico HD Emergency Planner

The Henrico County Health Department's Emergency Preparedness (HCHD-EP) program is responsible for public health disaster planning for Henrico County and is primarily comprised of the Public Health Emergency Planner, District Epidemiologist, and Henrico Medical Reserve Corps (HMRC) Coordinator.

In addition to coordination of HCHD-EP public health activities in Henrico County, the Emergency Planner represents the health department on the Local Emergency Planning Committee (LEPC), coordinates local public health planning with regional and state plans, and is ready to deploy to other geographic areas in the state to assist with public health response as needed.

The District Epidemiologist, or Epi, coordinates the response to outbreak investigations, consults with community partners regarding communicable diseases, risk factors, and methods of disease control. The Epi also analyzes reportable disease data and prepares reports that include recommendations for treatment and/or guidance on disease surveillance efforts. The HMRC Coordinator recruits, trains, and deploys a team of volunteers to augment the public health response to both emergency and non-emergency public health events in Henrico County. In addition to the primary HCHD-EP personnel, HCHD nursing staff, environmental health specialists, and other HCHD staff regularly participate in emergency preparedness training, exercises, and public health response.

Examples of public health emergencies and responses include providing vaccine during pandemic flu outbreaks (i.e., 2009 H1N1 or avian flu), providing guidance on prophylaxis to be given in the event of a chemical or biological terrorist attack (e.g., anthrax or sarin gas), and by providing public health nursing support in Henrico County emergency shelters. For more information about the HCHD-EP program activities or public health emergency preparedness in general, please visit our website at

<http://www.co.henrico.va.us/departments/health/epr/> or contact us at 501.7250.

General Preparedness Reminder

1) Get a Kit



Having a disaster supply kit is essential to making it through a disaster safely. Make sure to have supplies on hand to last each person in your family at least three days (see page 2).

2) Make a Plan



It is vital that you have a plan to protect you and your family in the event of a disaster.

3) Stay Informed



Before, during and after a disaster, it is critical that you listen for the most local, up-to-date information from emergency officials.

4) Get Involved



Serving as a volunteer in such organizations as the HMRC or Henrico County Community Emergency Response Team (HCCERT) before, during, and after a disaster is not only personally fulfilling, but with your help Henrico County will be better prepared to support its residents in their greatest time of need.

Further Resources:

HCHD Emergency Preparedness – [Personal Preparedness](#)

Henrico Emergency Management – [Be Ready Henrico](#)

Virginia Department of Emergency Management – [Disaster Preparedness](#)

Select Cases of Reportable Diseases – August 2010

Case Type	# Investigations
Rabies exposure	28
Rapidly reportables (Measles, Hepatitis A, Invasive Group A Strep, etc.)	0
GI Illnesses (Salmonellosis, Giardiasis, Campylobacteriosis, etc.)	19
Vectorborne (Lyme, Malaria, Rocky Mountain Spotted Fever, etc.)	9
Tuberculosis (TB)	11

*List is not comprehensive of all reportable diseases investigated by Henrico County Health Department personnel. Contact us for more information at 804.501.4522.



Emergency Preparedness
& Response Programs

“Get Prepared, Stay Prepared”

DISASTER SUPPLY KIT

Water*

- 1 gallon per person/per day, for 3 to 5 days
($\frac{1}{3}$ for drinking, $\frac{2}{3}$ for sanitation & cooking)

Food*

- 3 to 5 day supply of food - requiring minimal water, no refrigeration, preparation or cooking (canned foods, granola bars, trail mix, etc.)
- Manual can opener
- _____

First Aid Kits**

- Prescription and non-prescription medications
- Extra eyeglasses and contact lenses.
- Pre-packaged first aid kit
- _____

Records & Financial

Documents

- Cash (small bills) or traveler's checks
- Credit card
- Extra set of car keys in a waterproof container
- Originals of important documents - in a safe place
- Emergency phone numbers

Sanitation Supplies

- Toilet paper
- Soap
- Garbage bags
- Plastic bags with seals
- 5-gallon bucket with lid
- Disinfectant
- Pre-moistened towelettes
- Feminine hygiene products and diapers
- _____

Clothing and Bedding

- One complete change of clothing
- Sturdy footwear
- Sleeping bag (or 2 blankets) per person
- _____

Other Items

- Games, toys and books
- Pet supplies (food, water, carriers, etc.)
- Comfort /care items unique to infant, elderly and disabled family members
- Extra set of keys
- _____
- _____

Survival Tools and Equipment

- Battery-powered radio, flashlight
- Extra bulbs and batteries
- Call letters and dial settings of your local Emergency Alert System stations taped on your radio and TV
- Wrenches, duct tape, a whistle and a utility knife
- A road map
- Cell phone
- _____

* Rotate food & water every six months

** Keep first aid supplies in home & car

FOR MORE INFORMATION:

Virginia Department of Health
Virginia Dept. of Emergency Management
American Red Cross

www.vdh.virginia.gov/epr
www.vaemergency.com
www.redcross.org

Main Office: 804.501.4522 / Fax: 804.501.4232 / Website: www.HenricoHealth.org
After Hours Emergency Number: 1.866.531.3068

Page 2

Want this via email? Click [here](#) and provide you contact information and feedback (*electronic version only).
If you do not want Public Health Bytes anymore, please provide your email in the above survey, and provide your organization's contact information.